

Fresh Tomato Marinara Sauce

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-red-wine-sauce-indian-recipe>

Ingredients:

- 1/4 cup extra-virgin olive oil
- 1 yellow onion chopped
- 4 cloves garlic peeled and thinly sliced
- 1/4 cup red wine
- 8 cups tomato chunks
- 1 teaspoon dried oregano
- 1 pinch red pepper flakes
- 1 bunch fresh basil
- sea salt
- pepper

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 12 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 140 milligrams
8. Sugar: 7 grams

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